



Senior Center Announces January Programs

January 21, 2009

FOR RELEASE AT WILL

A variety of educational and entertaining programs are being offered at the Senior Center of York in February.

Participation is open to seniors age 55 or better and their spouses, regardless of age. The center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rt. 17), and is open Monday through Friday from 9 a.m. to 4:30 p.m. The center is closed all county holidays.

Reservations are required for all sessions and are accepted on a first-come, first-serve basis. To register, stop by the center or call 757-898-3807. For more information, please visit www.yorkcounty.gov/comser/srcenter.

Tai Chi Fan Form. Would you like to be a part of our “Fan Club?” Tai Chi Fan Form is a fun exercise that helps to improve balance and concentration. Registration is currently being accepted for the following Tai Chi Fan Form demonstration: **Free Tai Chi Fan Form Demonstration, Thursday, Feb. 5, 10 to 11 a.m.** Come enjoy this free demonstration as instructor Bill Hansell teaches basic principles and movements of this ancient Chinese art with the “Fan Form.” For more information, call 757-898-3807.

Scrapbooking, Monday, Feb. 9 from 9 a.m. to 12 p.m. Do you enjoy putting together photos and creating lasting memories? If so, join us as Cathy Fowler, of Creative Memories, assists in the organization and layout of your book. Bring your photos and materials. For more information call 757-898-3807.

“Senior Sock hop,” Tuesday, Feb. 10 at 1 p.m. “Let’s go to the hop!” Pull out your white socks, penny loafers, and poodle skirts if you have them, and join us for some fun, food, and friends. Dan Smith will entertain us with music from the 40’s and the 50’s. The Senior Center’s Line Dancers will also be on hand to get you “bopping” for some group dancing. Please register by Feb. 6.

Tai Chi Classes Begin Feb. 12. Classes will be for 10 weeks, and will meet on Thursdays from 10 to 11 a.m. starting Feb. 12. The class will conclude on April 16. Open to beginners and intermediate level patrons. Fans will be provided, or can also be purchased through the instructor. The cost for the class is \$50. For more information, call 757-898-3807.

Valentine’s Day Bingo, Friday, Feb. 13 from 1 to 3 p.m. Join us for this popular annual event hosted by the York County Youth Commission and Parks and Recreation. We’ll have refreshments, exciting bingo games, and prizes for all in attendance. This event is limited to 60 people. Please call 757-898-3807 for more information.

Winter Computer Classes. Winter computer classes are currently being held. Call us starting Feb. 17 at 757-898-3807 for upcoming classes or other information. These six-week class sessions are held on Tuesdays with limited space. The classes are as follows: Beginner Computer Classes from 9:30 a.m. to 11:30 a.m.; Intermediate Computer Classes (Microsoft Word) from 1-2:30 p.m.; and Internet/E-mail Classes from 3-4:30 p.m.

Computer General Use. The computers are available for general use Monday through Friday from 9:30 a.m. to 3:30 p.m., unless the lab is reserved for programmed activities. To use the computers you must sign in at the Senior Center front desk.

Culture Day, “The Great Three of Tuskegee,” Wednesday, Feb. 18 at 1 p.m. Presenter Stanley B. McMullen, Sr. will give us a brief overview of what was then Tuskegee Institute, a historically black college in Tuskegee, Alabama. Mr. McMullen will also discuss the college’s founding fathers Dr. Booker T. Washington, Dr. George Washington Carver and Dr. Robert Russell Moton – all instrumental in establishing and developing this notable university. Refreshments will be served. Please register by Feb. 16. For more information, please call 757-898-3807.

“Let’s Go to the Movies,” Friday, Feb. 20 at 1 p.m. The Yorktown Library and the Senior Center of York proudly present “While You Were Sleeping.” This movie is a 1995 romantic comedy film directed by Jon Turteltaub and stars Sandra Bullock and Bill Pullman. A lonely railway fare collector has a secret crush on a commuter, who after an accident, unfortunately falls into a coma. While he is sleeping, she ends up falling in love with his brother. Popcorn and beverage provided. Register by Feb. 18 by calling 757-898-3807.

AARP Driver Safety Program, Feb. 23 & 24. This program is designed for driver’s age 50 or better, and will take place on Monday, Feb. 23 from 12:45 – 4:45 p.m. and Tuesday, Feb. 24 from 12:30 – 4:30 p.m. The cost for this program is now \$12 for members of AARP and \$14 for non-members. Note: membership registration cannot be processed the day of a class. Fees should be paid by check and made out to AARP prior to the course. Registration may be made in person at the Senior Center or by mail. There is no “behind the wheel” driving performed in this program. AARP membership is not required for registration. Drivers age 55 or better must attend both classes to receive the state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reductions to drivers age 50+ with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction. Class enrollment is limited to 25.

Health Day, “Homecare Decision Making,” Wednesday, Feb. 25 at 12:45 p.m. Becoming a caregiver can happen gradually or all at once and people taking on the role of caregiver quickly find out there is so much to know and consider. Join Penny Peters for tips on recognizing the signs when homecare may be needed and what to look for when choosing a home caregiver. To register call the Senior Center at 757-898-3807 by Feb. 24.

Craft Activities. Why not take advantage of some of the ongoing craft activities taking place at the center every month? For more details, please call the center at 757-898-3807. The following is our current schedule of activities:

- * **Knitting and Crochet Class:** Mondays, 1 to 3 p.m.
- * **Art Class:** Art Class will meet Tuesdays from 10 a.m. to 3 p.m. with Instructor Myrna Graham. This class is for everyone, beginner or advanced. Come explore your interests and techniques.
- * **Quilters:** Meet on Thursdays from 1 to 3 p.m.

NOTE: The Senior Center of York will be closed on Monday, Feb. 16 for President’s Day.